

this week for dinner™

week 406 menu

MENU (underlined words indicate hyperlinks to recipes)

monday: [chicken soup with rice](#) + homemade bread

tuesday: [pesto tortellini soup](#) + homemade bread

wednesday: [cilantro sour cream enchiladas](#) + [cilantro-lime rice](#)

thursday: leftovers

friday: spaghetti with sausage + salad

saturday: soccer team party at pizza port

sunday: roasted veggie frittata + smoothies

INGREDIENTS

- onions
- carrots
- salad fixings
- 9-oz package tortellini
- pesto
- fresh cilantro
- red bell pepper
- can green chiles
- taco size flour tortillas
- green salsa
- lime
- Italian sausage
- veggies for roasting

fridge/pantry/spice cupboard staples needed:
salt, pepper, chicken breasts on the bone (in freezer), flour, yeast, salt, frozen peas, rice, fresh garlic, butter, chicken broth, frozen mixed veggies, fresh parmesan cheese, chicken (in freezer), sour cream, cumin, shredded cheese, jasmine rice, salt, olive oil, spaghetti, spaghetti sauce, eggs, smoothie fruit in freezer, juice